

**Life Strategies for Making Changes  
in Life and Work Workbook©**



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## **Life Strategies for Making Changes in Life and Work Workbook**

**We suggest you listen to the CD and fill-out the action step exercises as you precede. Be honest about what is not working in your life. Be willing to release what is not working so you can create bigger possibilities. Let yourself Dream Big so you can begin to manifest what you really want for your life.**

### **Life Strategies for Making Changes in Life and Work**

#### **Step 1: Awareness of Your Surroundings**

**How is the universe sending you signs, messages and signals? Are you listening? The universe is always sending you information about what is next in your life and what changes need to be made.**

**Action Step: List five ways the universe has sent you messages in the last two weeks.**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

#### **Step 2: Clarify and Understand What You Need to Change**

I suggest you fill out the self-assessment before you go further on the CD.

Life is made up of many facets, and no one facet is more or less important than another. A meaningful life is one of balance and fulfillment. **To improve health, create positive life outcomes or enhance work performance, it is necessary to understand the areas in your life that need improvement.**

Take a closer look at how you are living your life now. A quick yet effective method for evaluating your current life is to do a self-assessment by rating your satisfaction level in 12 areas of your life.

Nutrition and Diet  
Exercise and Fitness  
Stress Mastery  
Health Care and Self Care  
Relationships and Family  
Work and Career

Financial Health  
Humor, Play and Creativity  
Nature and Environment  
Emotions and Self-esteem  
Life Purpose and Service  
Spirituality

Using a 10 point scale, rate your satisfaction with each area of the 12 areas of your life. A rating of ten would indicate total satisfaction, a five would indicate moderate satisfaction, and a rating of three or below would indicate that you may want to work on that particular life area.

**Action Step: Fill out the Self-Inquiry Assessment form.**

With a colored pencils or crayons, rate your satisfaction level with each of the areas by coloring in that “ray” of the circle.

Try to fill in the Circle based on your impression of what each area’s title means. Some of your circle will be 9 and 10, other areas 5 and below. This is normal for everyone. Few people have all 9 and 10 life balance areas.



**Action Step:** What are your areas of highest and lowest priority? From the list of 12 life areas choose 3 areas that needs support. Choose 1 as your first “focus area”.

- 1.
- 2.
- 3

**It is impossible to chart a course for change until you are able to look honestly at who you are today and what needs to be changed.**

### **Step 3: Get Crystal-Clear on What You Want for Your Life**

**Most people get stuck at this crucial step. Again, think about your life for a moment.**

**What would a fulfilling life be for you? What are the qualities of a fulfilling life? What would you have to do to create that kind of life? Let your mind think really, really big! Just write, don't edit what comes up from your subconscious.**

**Action Step: Sit down with a journal and a pen in a quiet place, let your body and mind relax and ask your inner self, "If I could do anything in the world, what would that be? Where would I live; what would that look like; who would I be with?" What needs to change for me to create the life I deeply desire?**

This step takes time. Don't rush it, let it flow. It may be a jumbled flow of words, pictures or emotions. All of this will help to create a clearer picture of your next steps.

## **Step 4: Identify Obstacles Which Block Your Goals and Dreams**

**Your beliefs, thoughts and lifestyle habits including food choices, exercise, sleep patterns, stress, energy management, work environments and spiritual practices all contribute to how well you will achieve your work and life goals.**

Do you have limiting thoughts that are holding you back? What are your limiting thoughts and behaviors?

In coaching individuals over the years, I've noticed that people repeat the same themes of their limiting thoughts, such as "I am not very good at sales," "I just can't find a good relationship," or "I wish I was able to make more money." Are you familiar with any of these?

**Action Steps: Make a list of your challenges or limiting thoughts that you think stand in your way to achieving your goals.**

- 1.
- 2.
- 3.
- 4.
- 5.

Acknowledging your challenges is the first step to dissolving them. Each challenge then becomes the basis for designing your positive intentions and action steps.

## **Step 5: Change Your Attitude, Thoughts And Beliefs and You Will Change Your Life**

“In the power of intentions,” Dr. Dryer says, “when you change the way you look at things, the things you look at change.”

This step is about becoming aware of how your thoughts and behaviors are affecting what you want to create in life. Remember that every thought vibrates, every thought radiates a signal and attracts a matching signal back. We call this process the “Law of Attraction” which states: “That which is like unto itself is drawn to you.” In other words, you attract what you are thinking about.

**Are you aware of how your thoughts and beliefs are creating your reality? Are you clear about what you want and don't want in your life?**

If what you want is not being manifested for you, it is because you are not clear and focused on what you want in your life.

**One of the most powerful ways to make changes is to write an intention statement.** An intention is a strong, focused purpose or aim accompanied by a determination to produce a desired result. Write the statement as if it has already happened.

**Action Step: Write down 2-5 intention statements on cards, keep them by your bed and read the powerful intentions daily.** Visualize what you want and see it already done. Start with “I am so grateful and happy that”

Write your intentions.

- 1.
- 2.
- 3.

### **Examples:**

Your intention might be “I am so happy and grateful I have supportive people everywhere I go” or “I am so grateful and happy that I am attracting great abundance and wealth in all areas of my life.” Your intentions could also be those such as, “I am so grateful and happy that I have all the energy I need to do everything I desire to do” or “I am so grateful and happy that I

am attracting all the right people into my life to create the right career opportunity.”

Use your intentions and visualization to activate your subconscious, which will start generating creative ideas to help you achieve your goals.

**The key to bringing something into your life that you desire is to imagine having it, and then imagine that it is already in your life. Then consistently visualize your intentions and that thought along with your action steps will manifest what you desire in your life.**

**Start seeing the end-result not the how will I do this.**

### **Step 6: Take Action to Make Permanent Change**

The last step is the action step that will lead to permanent change. Sixty-five percent of people who **write down their goals** are more likely to keep them and **85% of people who have accountability** with a friend, coach, mastermind group or dream team will follow through with their goals. It is not enough to just visualize your goals. You must have a plan and take action steps to create what you desire.

**Action Steps: Write down your goals and action steps.** Refer to the self-assessment circle for areas related to your goals.

**Goals (3 months)**

**Action Steps and Date**

- 1.
- 2.
- 3.
- 4.
- 5.



To help you manifest your goals and dreams I highly suggest you create accountability by finding a buddy, hiring a coach, or starting a mastermind group.

Accountability begins when you make a commitment to take an action step to consciously design and create your life. When you have victories, celebrate! When you create a barrier, recognize the thought, let it go and move forward.

**Let's put it all together now.** Start by getting clear about how you want to live your life, clear out negative, unsupportive thinking and behavior, and set intentions to make change.

Write down your goals, take action steps and find a support system to help you achieve your goals.

**I guarantee if you do these steps you will make change. If you have any question, or would like more information please call me at 404-881-1322 or e-mail [jjdillon@mindspring.com](mailto:jjdillon@mindspring.com)**

Blessing to you on your journey,

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